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IT MAY HAVE BEEN ONE SMALL STEP FOR RADIO, BUT IT WAS A GIANT LEAP FOR, WELL, LAZINESS. FROM SHAKING HIPS TO EATING SHORTS, METRO CELEBRATES THE TV **PAGE 9**

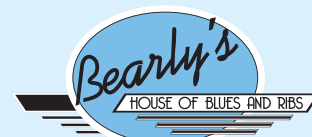


Peewees' play just got safer

Hockey Nova Scotia votes to ban bodychecking for the li'l — and not so li'l — players **PAGE 5**

Avast! Tik Tok cost me how much?!

Pirates beware: Firm looking to come down hard on Canadian downloaders **PAGE 7**



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Mooseheads 'wanting more'



The Halifax Mooseheads pose for a team photo after winning the QMJHL championship on Friday night at the Metro Centre. JEFF HARPER/METRO

What rest? Halifax, fresh off QMJHL victory, gears up for Memorial Cup



**PHILIP
CROUCHER**
philip.croucher@metronews.ca

Fans, take a deep breath. The ride isn't over just yet.

Still basking in the glory of their first-ever President's Cup title, the Halifax Mooseheads are now refocusing as they set their sights on another prestigious piece of hardware — the Memorial Cup.

"I get the sense that as great an accomplishment as this is for the players ... they are looking and wanting more," said Mooseheads general manager Cam Russell. "They have their eyes set on winning the Memorial Cup."

Halifax punched their ticket to the four-team tournament Friday night when they beat the Baie-Comeau Drakkar 5-1 to take the best-of-seven QMJHL final in five games.

The Memorial Cup starts Friday in Saskatoon, and Halifax will play its first game on Saturday night when they take on the champions of the Western

Hockey League.

The Mooseheads are flying out to Saskatoon on Wednesday, and will use Monday and Tuesday as practice days.

"We have one more round to go," said Russell, in reference to the tournament.

The focus has shifted to the Memorial Cup, but the spectacle on Friday night at the Metro Centre hasn't been — nor will it ever be — forgotten.

It was arguably the greatest moment in a rich Halifax sports history, one enjoyed by the players and a sellout crowd of 10,595 fans, who stood and cheered in unison long after the final horn sounded.

"It took 19 years to get this title, but I think everyone would agree it was worth the wait because of how they accomplished it," said Russell.

As for a celebration to honour the team, the municipality has been in contact with Mooseheads majority owner Bobby Smith, but Russell said any event would need to take place after the Memorial Cup.

FANS LIVE IT UP, P. 3

PHOTO ESSAY: CELEBRATION, P. 4

RELIVING THE EXCITEMENT, P. 8

COACH READY TO GET BACK TO WORK, P. 25

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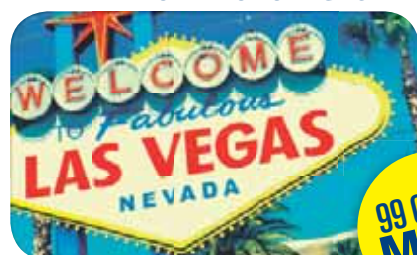


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Player reactions

"It's a feeling I can't explain. But it's what we play for."

Nathan MacKinnon

"It almost feels like a movie. If it was a movie it would be a picture-perfect ending to my junior career."

Konrad Abeltshauser

"She passed away, but she's been with me every day. I've thought about her so much this series. She's with me right now."

Stephen MacAulay, who lost his mother, Jean, to cancer prior to the playoffs

"Just to see how far we've come, it feels so good. It feels surreal."

Trey Lewis

"We did it together, we needed everyone to buy into the system. I'm so proud of everyone: staff, fans, coaches. I could not be any happier."

Zach Fucale

"It feels great to be MVP, but that big trophy means more to me than anything in the world right now."

Jonathan Drouin



Fans celebrate with Mooseheads defenceman Trey Lewis on the ice at the Metro Centre Friday after the team won the QMJHL title. JEFF HARPER/METRO

Moose fans soak up QMJHL title win

Hot ticket. Halifax averaged 10,147 fans per game during playoff run



PHILIP CROUCHER

philip.croucher@metronews.ca

So this is what being a champion feels like.

After 19 years of waiting and wishing, fans of the Halifax Mooseheads soaked up each and every moment as they watched their beloved team, which they supported through

A long time coming

"To see this after 19 years, it's pretty sweet."

Halifax Mooseheads fan Matt Boudreau

the good times and bad, celebrate as QMJHL champions on Friday night.

In fact, many didn't want to leave the moment, still standing and cheering as the players celebrated on the ice well after the final horn sounded in a 5-1 victory over the Baie-Comeau Drakkar.

"I'm so excited and I'm so happy for the boys," screamed Peggy Carroll of Dartmouth as

people yelled around her. "I've been waiting for this a long time ... this is incredible. They deserve it, every one of them."

Many who took in Friday night's title-clinching game were also at the Metro Centre in the fall of 1994 when this then-expansion team stepped onto the ice for the first time and quickly became the city's most beloved sports franchise.

The magnitude of the mo-

ment wasn't lost on those fans, either.

"Being here at the first game in 1994, this is a big deal. Sitting here for the last five years, struggling like we did, it's a pleasure to watch," said Mooseheads fan Matt Boudreau, a Sydney native who now lives in Dartmouth.

Thirty minutes after Friday's game ended, the remaining fans were allowed to join the team on the ice — a sign that this wasn't just the Mooseheads' title but an entire city's.

"It's unreal. We've had unmatched support from our fans all year.... We love all of them," said defenceman Trey Lewis.

1 NEWS



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It was absolute pandemonium Friday night at the Metro Centre as the Halifax Mooseheads became QMJHL champions.

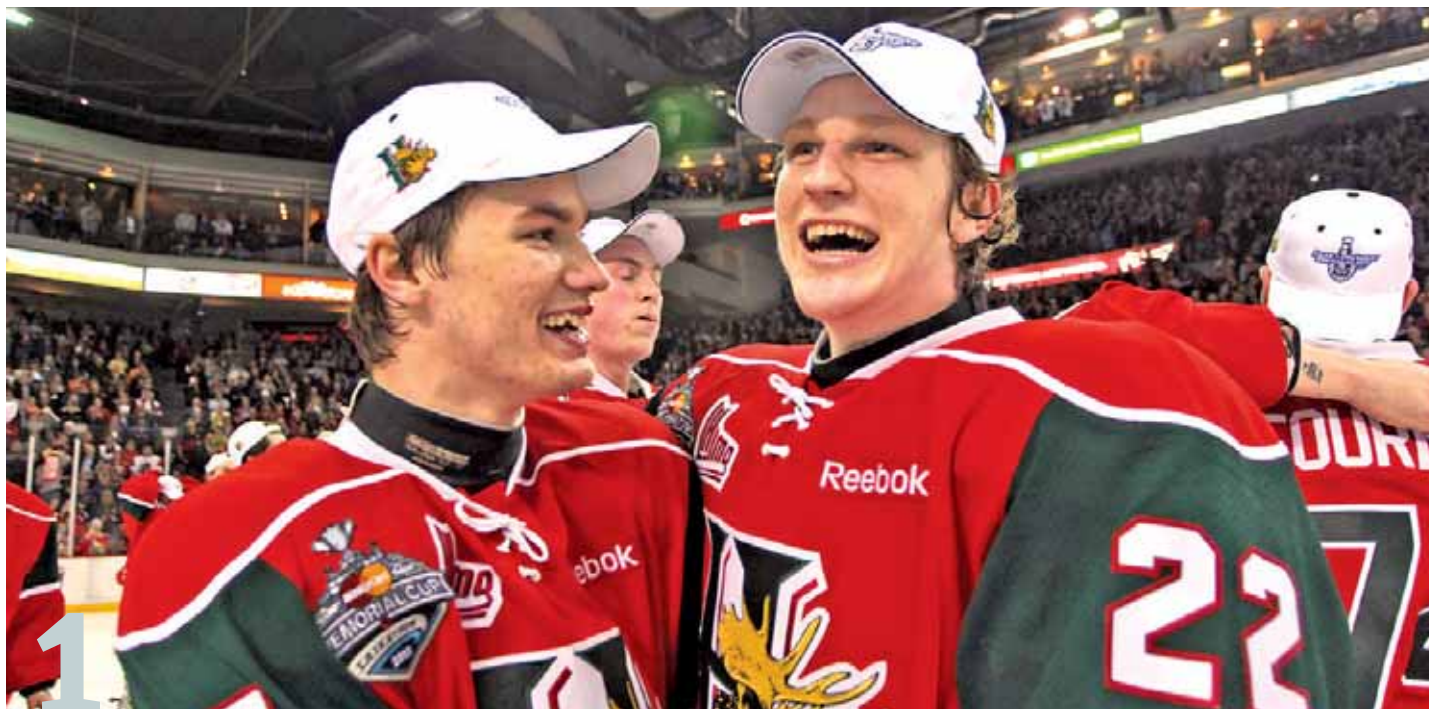
Halifax took control of the game early, scoring three times in the first, then added two insurance markers in the third.

When the final horn sounded, goaltender Zach Fucale threw his glove and trapper into the air and was swarmed by his teammates.

Confetti then began to fall from the ceiling as fans cheered loudly, enjoying a moment many Halifax hockey fans had been waiting close to two decades for.

JEFF HARPER

jeff.harper@metronews.ca



1 Young guns. After the whistle

Jonathan Drouin, left, and Nathan MacKinnon celebrate at centre ice after winning the QMJHL final.

2 Top brass. Bring it in!

GM Cam Russell embraces Nathan MacKinnon during on-ice celebrations.



Mooseheads master the Q, Halifax erupts



3 Pucker up, bro. Moose on the board

The Mooseheads celebrate a first-period goal over the Baie-Comeau Drakkar.

4 Future Moosehead? Gimme 5, yo

Forward Martin Frk celebrates with fans.

5 President's Cup. The hoist

Goaltender Zach Fucale takes his turn hoisting the President's Cup.

6 Aww. Early Mother's Day

Nathan MacKinnon embraces his mom during on-ice celebrations.

Hockey Nova Scotia. Pee wee bodychecking banned

Hockey Nova Scotia voted to ban bodychecking for some minor hockey players on Sunday following pleas from physicians that the body contact increases the risk of head injuries to children.

The board unanimously voted to eliminate bodychecking for all pee wee players, who are typically between 11 and 12 years old.

It was also removed for the B and C levels of the bantam and midget leagues (ages 13 through 18), with only one dissenting vote of the 21-member board.

The decision capped the association's annual general meeting in the Halifax area, where the issue was debated after presentations from experts, physicians and a young player.

Hockey Nova Scotia president Randy Pulsifer said following those presentations, the mood among board members shifted toward eliminating bodychecking.

He said members were particularly touched after hearing from a young boy who can no longer play hockey after

Hit factor

"Removing checking will clearly eliminate the number of injuries at that level and for 11- and 12-year-old players, and we think that's the absolute appropriate thing to do."

Darren Cossar, executive director, Hockey Nova Scotia

suffering a concussion.

"Here we have a young kid that's 13 or 14 years old and his hockey career is over," Pulsifer said at a hotel in Dartmouth. "You have to look in your heart and say, 'What's best?'"

Debate over when to allow players to start hitting has inflamed emotions on both sides of the argument for years. It gathered steam after research in Alberta last year showed there was a three-fold increase in the risk of injuries for pee wee players who check in Alberta, compared to those in Quebec where bodychecking is not allowed until bantam.

THE CANADIAN PRESS

Halifax. Man charged with breaking into law office

Police have a charged a 49-year-old man after a Halifax law office was broken into on Saturday night.

Police responded to an alarm call at 7 p.m. at 6265 Quinpool Rd. Officers saw damage to the front door of a law office within the building and heard someone inside. When the suspect spotted police, he attempted to flee but was arrested after a brief foot chase.

Loot recouped

- Halifax police say several stolen items were recovered.

The man is charged with break-and-enter, resisting arrest, possession of stolen property and possession of break-and-enter tools. METRO

Digby County

Cops investigating fatal ATV crash

A Clare man is dead after an ATV accident in Digby County.

An RCMP release says that Steven Eddie Stuart, 33, died at the scene of the accident at about 5:30 p.m. on Saturday.

Meteghan RCMP received a 911 call from a driver who found an overturned Polaris Ranger off-road vehicle upside down in the middle of C.F. Comeau Road in Meteghan River.

The victim was found under the vehicle.

METRO

New Glasgow

Tools stolen from steel foundry

A substantial number of tools and materials have been taken from a foundry, police say.

Officers were called to Maritime Steel in New Glasgow on Friday. Const. Ken MacDonald said a vehicle inside the building was also damaged. It's unknown if one person or a group broke into the site, he said.

Abbas Jafarnia bought the business in 2011 for \$1.25 million, but it closed after a request for financial support from the province was denied last year.

THE CANADIAN PRESS



City poised to shut down Rockingham Community Centre

HRM staffers are recommending that the Rockingham Community Centre be declared surplus property and shut down on Aug. 31. A report going to regional council on Tuesday says the former fire station isn't suitably located or built for community programming, and mandated services can be provided by other HRM services in the area. JEFF HARPER/METRO

Time for spay-neuter program is now: Coun.

Call for action. But staff report advises waiting for review of grant rules in September



RUTH DAVENPORT
ruth.davenport@metronews.ca

HRM can't afford to wait four months to implement an affordable spay-and-neuter program, a Halifax regional councillor says.

A report coming to regional council on Tuesday suggests waiting for the outcome of an

ongoing review of the municipality's granting policies to evaluate funding possibilities for the spay-and-neuter program.

The review is expected to be finished in September.

"Can you imagine, we wait until September and then find some other reason why we can't do it," Coun. Stephen Adams said on Sunday. "That's just not going to happen."

Adams asked for a staff report last December on an affordable and accessible program in HRM.

The report says that such a program could be implemented through a contribu-

That's a lot of cats

60K-107K

There are an estimated 60,000 to 107,000 feral and stray cats in HRM.

tion to a registered charitable organization, but HRM's grant rules don't permit the necessary level and type of funding.

Instead of waiting for the review, Adams said he will ask his colleagues to approve one-time funding of \$40,000 to help the SPCA construct a veterinary clinic at its Burnside shelter.

The clinic is expected to provide up to 1,000 spay-and-neuter surgeries for low-income families and trap-neuter-return groups in HRM.

"It's a one-time outlay of money, it keeps HRM out of it and those that are experts in the area will address the issue and deal with it," Adams said.

With kitten season in full swing, Adams said it's time for councillors and the mayor — most of whom signed Tuxedo Stan's pledge in support of affordable spay programs — to make it happen.

"I will do whatever I have to do to make this work," Adams said. "It's gone on far too long."

Legislature should have 'certain level of dignity': Baillie

Less than a day after a Nova Scotia cabinet minister was charged with assaulting another member of the legislature, Premier Darrell Dexter suggested it's not unusual for tensions to rise in the house before an election.

"I would not characterize this session as being any different than past sessions that I have seen in similar points in the cycle," Dexter said Friday outside the legislature.

But opposition politicians said the case, involving an alleged scuffle between two 65-year-old men in a washroom near the legislative chamber, was an example of how a lack of decorum in the house has hit a new low.

"I'm very embarrassed as an MLA and I'm sure that all Nova Scotians are embarrassed, too," Conservative Leader Jamie Baillie said.

"This place should have a

certain level of dignity.... The events of (Thursday) just reinforce all that's wrong about the negative mudslinging that inevitably leads to something like what happened."

Liberal Keith Colwell alleges he was assaulted by Percy Paris, who resigned as minister of economic and rural development late Thursday after Halifax police charged him with assault and uttering threats.

THE CANADIAN PRESS

Court appearance

- Paris is to appear in Halifax provincial court on June 18. None of the allegations have been proven in court.



Percy Paris
THE CANADIAN PRESS

Tag, you're commander. Hadfield earthbound after handing over space station

Canadian astronaut Chris Hadfield handed over command of the International Space Station as he prepared to return to Earth.

He wrapped up a five-month visit to the giant laboratory, saying it's time to turn over the reins to cosmonaut Pavel Vinogradov.

Hadfield, the first Canadian to command the station, said he achieved the goals he set out for himself before making the journey in late December and is leaving both ship and crew "in good shape."

He tweeted Sunday morning that it was "time to rev

up the Soyuz" for the trip home.

Plans call for Hadfield and two other crewmembers to leave the station Monday just after 8 p.m. ADT aboard a Russian Soyuz spacecraft.

They are due to land in Kazakhstan about three-and-a-half hours later.

A helicopter will take them to a local airport, where a waiting NASA plane will fly them to Houston, Texas.

While he's happy to be heading home, Hadfield said both he and his crew "would come back given the opportunity."

THE CANADIAN PRESS



Astronaut Chris Hadfield poses for a photo with a new polymer \$5 bank note on the International Space Station. SEAN KILPATRICK/THE CANADIAN PRESS FILE

Picking up the pieces

Cottagers aghast at ruin brought by colossal wall of ice

Owners of summer homes and cottages in Manitoba that were crushed by a huge wall of ice were picking through the remains of their properties over the weekend.

Strong winds on Friday pushed the ice on Dauphin Lake onto Ochre Beach, about 200 kilometres from Winnipeg.

Clayton Watts, deputy reeve of the Rural Municipality of Ochre River, says it's lucky no one was hurt because the ice moved "like a freight train."

He says the ice was close to nine metres high in some places and that 12 of the affected buildings were completely destroyed. THE CANADIAN PRESS

Sleepless in Israel

PM chastised over \$127K flight bed

Israeli Prime Minister Benjamin Netanyahu will seek alternatives after receiving a sky-high bill for installing a customized bed on a flight to London, officials close to the leader said.

Netanyahu faced a public uproar on Sunday after Channel 10 TV reported over the weekend that he had spent \$127,000 in public funds on a special sleeping cabin for the five-hour flight to attend Margaret Thatcher's funeral last month.

Earlier this year, Netanyahu stopped buying ice cream from his favourite parlour after a newspaper discovered his office was spending \$2,700 a year for the treat.

THE ASSOCIATED PRESS



Bystanders comfort a victim of Sunday's shooting in New Orleans. The victims included 10 men, seven women and two 10-year-old children.

LAUREN MCGAUGHY, THE TIMES-PICAYUNE/THE ASSOCIATED PRESS

Marching, cheering, running, screaming

New Orleans shooting.

Cops say street violence, not terror, responsible for injuring at least 19

Can't run, can't hide

"We'll get them. We have good resources in this neighbourhood."

Police superintendent Ronal Serpas on the suspects in the shooting.

Gunmen opened fire on dozens of people marching in a neighbourhood Mother's Day parade in New Orleans on Sunday, wounding at least 19 people, police said.

The FBI said that the shooting appeared to be "street violence" and wasn't linked to terrorism.

Many of the victims were grazed and most of the wounds weren't life-threatening, according to a police

news release. No deaths were reported by Sunday night.

The victims included 10 men, seven women, a boy and a girl.

The children, both 10 years old, were grazed and in good condition, but police said at least two people were in surgery Sunday night.

Mary Beth Romig, a spokeswoman for the FBI in New Orleans, said federal investigators have no indica-

tion that the shooting was an act of terrorism.

"It's strictly an act of street violence in New Orleans," she said.

Officers were interspersed with the marchers, which is routine for such events. As many as 400 people joined in the procession that stretched for about three blocks, though only half that many were in the immediate vicinity of the shooting, said Police

Superintendent Ronal Serpas.

Police saw three suspects running from the scene in the city's 7th Ward neighbourhood. No arrests had been made as of Sunday night.

The neighbourhood where the shooting happened was a mix of low-income and middle-class row houses, some boarded up. As of last year, the neighbourhood's population was about 60 per cent of its pre-Hurricane-Katrina level.

Police vowed to make swift arrests. Serpas said it wasn't clear if particular people in the second line were targeted, or if the shots were fired in a random fashion.

THE ASSOCIATED PRESS



Police vowed swift arrests. MICHAEL DEMOCKER, THE TIMES-PICAYUNE/THE ASSOCIATED PRESS

Second-line parades

Second-line parades are loose processions in which people dance down the street, often following behind a brass band.

- Some parades are impromptu and some are planned. They are often described as moving

block parties.

- A social club called The Original Big 7 organized Sunday's event.
- The group was founded in 1996 at the Saint Bernard housing projects, noted its MySpace page.

Illegal-downloading megasuits rear head north of the border

Anti-piracy battle.

Case involving Teksavvy, Voltage Pictures could pave way for U.S.-style actions on file-sharing

Massive lawsuits targeting people who illegally download copyrighted content are common in the U.S., where people have been stuck with hefty fines and out-of-court settlements. Now there's an attempt to bring that to Canada.

At the centre of the effort is Canipre, the only anti-piracy enforcement firm that provides forensic services to copyright-holders in Canada.

The Montreal-based firm has been monitoring Canadian users' downloading of pirated content for several months. It has now gathered more than one million different evidence files, according to its managing director Barry Logan.

One of its clients is now before Federal Court in Toronto, requesting customer information for over 1,000 IP addresses — a user's unique Internet signature — collected by Canipre.

U.S. precedent

- Such lawsuits have been common in the U.S. Between 200,000 and 250,000 people have been sued in the last two years, according to Internet civil-liberties group the Electronic Frontier Foundation.

- "They send off threatening

letters telling them, 'If you don't pay up we're going to name you in this lawsuit and you could be on the hook for up to \$150,000 in damages,'" said Corynne McSherry, the Electronic Frontier Foundation's intellectual property director.

That client is the American studio Voltage Pictures, maker of hundreds of films including the Academy Award-winning *The Hurt Locker*. On the other side of the case is Teksavvy, an Ontario-based Internet provider. The IP addresses flagged by Canipre link back to its users.

The case is set to resume next month. If the court orders Teksavvy to hand over customer info, it could be the beginning of a new chapter in the anti-piracy battle in Canada.

"We have a long list of clients waiting to go to court," said Logan, who estimates that about 100 different companies are paying close attention to the case.

Canadians don't risk such severe damages as in the U.S., because of a bill passed last year that modified the federal Copyright Act. Bill C-11 imposed a limit of \$5,000 on damages awarded for non-commercial copyright infringement, which applies to the average consumer who downloads films.

"The reason Parliament did that (is) they didn't want the courts to be used in this way," said David Fewer, director of the Canadian Internet Policy and Public Interest Clinic. "Copyright is supposed to be a framework legislation. It's not supposed to be used for building a compensation model."

THE CANADIAN PRESS



Branson honours a bet

British entrepreneur Richard Branson, left, poses with AirAsia's chief executive Tony Fernandes while dressed as an AirAsia flight attendant at a low-cost carrier terminal in Malaysia on Sunday. The Virgin Group founder shaved his legs, put on lipstick and squeezed into the red outfit to honour a bet by serving as a flight attendant on an AirAsia trip from Perth, Australia, to Malaysia. Branson lost the bet to Fernandes in 2010 after they wagered their Formula One racing teams would finish ahead of each other. VINCENT THIAN/THE ASSOCIATED PRESS

North Pole nations

Business to have bigger role in Arctic debates: Minister

Creating a bigger presence for industry at the world's premiere international forum on northern issues won't distract from its work on environmental problems, says the Conservative cabinet minister about to lead the group.

"Absolutely not," said Leona Aglukkaq, who will assume the chairmanship of the group of the eight nations that ring the North Pole starting on Wednesday.

"That research — the work of interest to all the Arctic regions — that will continue during our chairmanship."

Central to Aglukkaq's plans for her two-year term heading the Arctic Council is the creation of an Arctic business forum, which she described as a way for northerners and northern business to share ideas and solutions.

THE CANADIAN PRESS

NOTICE

Registration of Undertaking for Environmental Assessment ENVIRONMENT ACT

This is to advise that on May 13, 2013, Pockwock Wind Limited Partnership registered the Chebucto Pockwock Community Wind Project for environmental assessment, in accordance with Part IV of the Environment Act.

The purpose of the proposed undertaking is to construct and operate a 10.0 MW wind project at a site in the community of Pockwock, approximately 25 km northwest of Halifax, Nova Scotia in Halifax Regional Municipality. Pending approval to proceed, construction is anticipated to commence Spring/Summer 2014 with operations to begin Fall 2014.

Copies of the environmental assessment registration information may be examined at the following locations:

- Upper Hammonds Plains Community Centre, 711 Pockwood Rd, Hammonds Plains, NS
- Emmanuel Baptist Church, 633 Pockwock Rd, Hammonds Plains, NS
- Tantallon Public Library, 3646 Hammonds Plains Rd Upper Tantallon, NS
- Ecology Action Centre, 2705 Fern Lane, Halifax, NS
- Nova Scotia Environment, 30 Damascus Road, Suite 115, Bedford Commons, Bedford, NS
- Nova Scotia Environment, 5th Floor Library, 5151 Terminal Road, Halifax, NS
- EA website (when available) <http://www.gov.ns.ca/nse/ea/>

The public is invited to submit written comments to:

Environmental Assessment Branch
Nova Scotia Environment
P.O. Box 442, Halifax, NS, B3J 2P8

on or before **June 12, 2013** or contact the department at (902) 424-3230, (902) 424-0503 (Fax), or e-mail at EA@gov.ns.ca.

All submissions received, including personal information, will be made available for public review in the Nova Scotia Environment Library, 5th floor, Halifax Office, 5151 Terminal Road.

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Can I get back to you?

I'm still in the Metro Centre. A fun, frenzied Friday night. "The cup is in the house," and the house is bursting. Ten thousand five hundred and ninety-five fans, media, scouts, officials, parents, friends of friends. Expectant, ready to implode, explode.

"We want the cup!"

Will this — finally — be the night?

The puck hasn't dropped and tonight's 50-50 prize pot heads north of \$20,000, double the usual regular-season end-of-game total. Feeling lucky...

Ron is grinning. Dave is worried. We've been coming to Moosehead games for 19 years. Ron knows how good this team is. Dave knows how often defeat has been snatched from the jaws of victory.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

"Battle on the boards and the puck comes loose..."

At 5:32 of the first period — Stephen MacAulay, a 20-year-old from Cole Harbour whose mother recently died of cancer — wrists a hard shot from in front of the net... 1-0!

We're on our feet. Over in the next section, the "Pom-Pom Lady" — she's been a fan as long as we have — shakes her pom poms.

By the end of the first, it's 3-0, the 50-50 pot is \$30,000 and counting (who has time during a period to buy tickets?) and the lineups for the men's washrooms snake like conga lines around the lower level.

Heard inside the washroom: "Meet you back at the beer line."

Ron is still grinning. Dave is still worried.

"Don't sit back," he implores midway through the second period. "Skate!" He only looks as though he's not enjoying himself.

"We will/We will/Rock you!"

For once, arena rock isn't necessary. The crowd is into this.

With 10 minutes still to go in the third period and the Mooseheads only up by two, the we-are-the-champions chant starts in the upper bowl above.

"Olé. Olé. Olé-olé, olé..." No one remembers it's a Spanish football chant.

Some guy from Prospect wins the 50-50 draw, takes home more than \$39,000!

Two more goals, including a second MacAulay goal into an empty net, and it's over. Ron is still grinning. Dave smiles. Finally. High fives all around our section. See you in September.

Percy Paris? An election call?

Oh, right, I'll get right on that.

ZOOM

Happy birthday, Buddha!



AHN YOUNG-JOON/THE ASSOCIATED PRESS

It's the journey, not the destination

A parade of Buddhists in Seoul, South Korea, carry lanterns to celebrate the upcoming birthday of Buddha during the Lotus Lantern Festival on Sunday.

Legend has it that Buddha was born to a royal Hindu family in what is now known as Nepal, and on the night he was conceived, his mother,

Queen Maya, dreamed that a white elephant with six white tusks walked around her three times, then hit her and disappeared into her right side. When she became pregnant, Queen Maya set off for her father's kingdom to give birth, as was the tradition.

But Buddha was born along the journey in a garden beneath a sal tree.

DAILYMAIL.CO.UK/WITH FILES FROM THE ASSOCIATED PRESS

On a full moon

2,557

Although the exact date is unknown, scholars believe Buddha was born some 2,557 years ago. In Korea, his birthday is traditionally celebrated on the full moon in May.

The light in the dark

Across Asia, Buddha's birthday is celebrated with colourful parades. The lighting of a lotus-shaped lantern in Buddhism traditionally symbolizes a display of religious devotion, performing good deeds and lighting up the dark parts of the world that are filled with agony.

Across South Korea, many temples provide free meals and tea to all visitors. DAILYMAIL.CO.UK

Click bait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Now that the days have swung from promising to spectacular, it's past time to start stocking the summer reading war chest. If you're already behind, don't waste any more valuable reading time wondering what to pick up. Just try these three sites for a few good recommendations instead.

Goodreads:

An all-purpose book lover's social network with author interviews, reviews and news on community events like book swaps. But the lists are where the magic happens — compiled by thousands of readers, the simple act of suggestion becomes a sprawling epic covering of endless titles. (goodreads.com)

Shelfari:

A social network that's quite a bit like Goodreads, with a similarly robust stable of lists and tag clouds. However,

Shelfari's community is a step above and throwing yourself into the mix with your own library titles and personal reviews makes it all the better. (shelfari.com)

What Should I Read Next:

All this talk of social networking and personal reviews sounds like too much effort? This is about as simple as it gets. If *The Hunger Games* led you to *The Maze Runner* and you're wondering where to go next, plug those titles into WSIRN's search engine and voila. (whatshouldireadnext.com)

Letters

RE: Hockey Alberta to Ban Body Checking at Pee wee Level, published May 8

As players for the Calgary Saints Division 2 Pee wee Hockey Team, we disagree with the ban on checking in the Pee wee and Bantam age groups.

We are both 12-year-olds. If the ban on checking goes ahead, when we get to the Bantam level where checking is allowed, we will be playing against players who will have three years of playing with checking, while we will only have one year of experience. We will have forgotten how to check safely, and will be injured much more easily. Also, if you ban check-

ing at this level only in Alberta, when we go out of province to play, we won't know how to take a check safely.

Instead of taking away checking completely, we think there should be a zero-tolerance policy on head-hunting, which means deliberately hitting another player in the head.

Checking takes the body off the puck, and it also makes the game more exciting for both the players and the spectators. A good check really gets the momentum of the game going and makes the crowd go wild. Checking is an important part of the game of hockey — please don't take it away!

Curtis Jackson and Kieran Ruscheinski, Calgary

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

The way we watch television has changed rapidly over the last decade with the rise of the Internet. Today, all it takes is a smartphone to plug into your favourite program. Over the next few days, Metro takes a look at how television has shaped us, and where it might go next. Today, we take a look back, beginning in a time when the concept of television was an intellectual imagining.

METRO WORLD NEWS

2 SCENE

The history of television

1900

Russian scientist Constantin Perskyi coins the word "television" in a paper at the World's Fair in Paris. Trading cards sold there predict colour TV and news radio in the year 2000.



1925

Russian-born Vladimir Zworykin patents the first television colour tube. First moving image transmitted.



1928

Television introduced in the United States, followed by Britain, Germany, France and the Soviet Union.

1947

U.S. news program Meet the Press launched. Harry Truman is first U.S. president to address the nation from White House via television. He asks for food for Europe.



1936

Berlin Olympics become the world's first televised sports event. The BBC introduces the world's first regular TV service: three hours per day.



1939

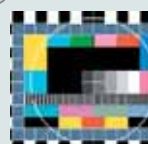
Television introduced in Japan and Italy. Regular TV broadcasts introduced in the United States.

1930

American inventor Charles Francis Jenkins broadcasts the first television commercial.

1951

Colour TV first introduced in the United States.



1952

U.S. morning TV program Today Show begins.



1954

Over half of U.S. households own a TV set.

1956

Elvis Presley appears on the Ed Sullivan Show.



1976

Sony introduces first home video recorder.



1971

U.S. sitcom All in the Family launched, possibly first to discuss homosexuality.



1969

Neil Armstrong and Buzz Aldrin (pictured) on the moon, watched by more than 700 million people.



1960

TV debate between John F. Kennedy and Richard Nixon decides U.S. election.

1980 The 'Who Shot J.R.?' instalment of the soap opera Dallas becomes the most-watched TV program in U.S. history.



1983

The final episode of M*A*S*H becomes the most-watched television program in history.



1985

First Blockbuster video-rental store opens.



1989

The Simpsons premieres. Airing that same year: Seinfeld.



2011

NCIS is the most popular TV drama in the United States.



2010

3-D TV introduced.



Reality TV boom begins with shows like Big Brother and Who Wants to Be a Millionaire? Even bigger deal: The Sopranos premieres.

1999



1999

TiVo, which allows users to record shows while skipping ads, launched.

1995

DVD player invented.



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KYNOCK REFLECTS ON 45 YEARS OF SUCCESS



PHOTO: SUPPLIED



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PHOTO: THINKSTOCK

By Tom Mason

It's immediately apparent that Vernon Kynock has a love for all things motorized. After all, the Hammonds Plains native has become well known in recent years for the annual antique car show that he hosts at his own residence on Hammonds Plains Road. And then there are the trucks, of course – 35 pieces of heavy equipment that form the core of Kynock Resources' assets.

It was that love of vehicles that kept Kynock from following his father's footsteps into the grocery business. When the

government of Nova Scotia started punching Highway 103 through to Lunenburg County in 1968, Kynock got a loan from his father, bought a two-year-old dump truck and landed a contract to haul gravel for the road-building project. It was his first.

Other contracts followed. When construction started on the MacKay Bridge in 1969, Kynock bought a bigger truck – a new one this time. He bought an old backhoe soon after that, then more trucks, a front end loader and a bulldozer. He did the repairs on most of them himself.

"Some of them were pretty run down when I bought them," he recalls.

By 1975 Kynock's company, known then as Kynock Trucking and Excavating, was becoming recognized in the roadbuilding, construction and excavating industries. That same year Kynock bought an Irving station on Hammonds Plains Road, mainly to serve as a repair centre for company vehicles.

The acquisitions continued. In the late 1970s the company bought its first tractor-trailer, followed up by more trucks and a heavy D8 bulldozer. In 1985 the company

relocated to a property next to the fire hall on Hammonds Plains Road. They moved again in 1993 to their current location, the 10,000 sq. ft. building at 1993 Hammonds Plains Road that includes Kynock's garage, shop and offices.

Today, as Vernon Kynock reflects back on 45 years in business he quickly admits that he wouldn't change a thing, even if he could. "I couldn't have had more fun if I planned it," he says. "It's all good. I've had good employees, good customers and a good business for all these years. It's been a great ride."

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It's hard to think of the small community of Hammonds Plains without thinking of Kynock Resources. After all, the company that Vernon Kynock built from the ground up has grown in four-and-a-half decades to become one of the largest companies in the community and a familiar landmark on Hammonds Plains Road. And in that time it's given plenty back to the neighbourhood that nurtured it.

It takes Kynock a few minutes to list all the causes his company is currently involved with. "We sponsor and support a lot of local sports teams," he says. "We like to give our support to those kinds of community causes. We've also helped develop sports fields and playgrounds in the area."

In fact, the company has used its landscaping talents to help develop a number of worthwhile community projects recently. Kynock is currently working on improvements to a playground in Maplewood Subdivision in Hammond's Plains, a project the company is carrying out with the Maplewood Ratepayers

Association.

Vernon Kynock has also been working with local Boy Scouts on a recent project. He's donated a piece of his own land located in a remote part of Hammonds Plains and is helping them develop a wilderness camp on the property.

Other causes that are dear to Kynock's heart include the development of community market gardens around HRM, including the BLT Community Garden located at the Lakeside Recreation Centre in Lakeside, and the Common Roots Urban Farm in downtown Halifax.

The company also supports the work of the local SPCA through Kynock's Annual Car Show in August. Last year the show raised \$5,000 for the animal protection organization. "I'm an animal lover, so it's a cause that's close to my heart," says Kynock. "The SPCA do a great job and they do it all without government help. I don't know what we'd do without them."

- Tom Mason



Kynock Resources sells top-quality soil, compost and mulch.

PHOTO: SUPPLIED



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SEE 160 CARS AT KYNOCK AUGUST CAR SHOW

By Tom Mason

Vernon Kynock can't remember a time when he wasn't fascinated by automobiles. He's been a car collector for much of his life, specializing in collecting vintage model Ford cars from the 1940s and 50s. In recent years, he's channeled that passion into a popular Hammonds Plains community event.

On the third Saturday in August, antique car owners from across Nova Scotia and beyond will arrive at Kynock's property on Hammonds Plains Road for the eighth annual Kynock Car Show. The show always features a wide array of antique autos – everything from the high performance muscle cars of the 1960s and 70s to classic cruisers from the 30s, 40s, 50s. "Last year we had 160 cars take part in the show," says Kynock. "It was a big success."

Participants can win great prizes donated by show sponsors, including Napa Auto Parts and other Kynock suppliers. "We don't judge the cars," says Kynock. "We have a draw for prizes." Every car participating in the show

also has a chance to be photographed to appear in the Kynock Resources 2014 Antique Car Calendar. "We print 1,000 calendars every year to give away to our customers and suppliers," he says. "It's always very popular."

As in previous years, all proceeds from the car show will be used to support the Nova Scotia SPCA. Last year's show raised \$5,000 for the non-profit group.

A fish and chip wagon will be on site throughout the day, with part of the proceeds donated to SPCA. The event also features a pig roast from 5 to 6 p.m. and live musical entertainment from 7 to 10 p.m. "Last year we fed 240 people," says Kynock. "After the meal we always clear away the tables and chairs so that anyone who feels like it can dance."

Due to space limitations the show is limited this year to the first 150 vehicles that participate. However there will be plenty of free guest parking located across the street at Kynock Resources.

The Kynock Annual Antique Car Show takes place at 2022 Hammonds Plains Road. Look for the Napa Welcome Banner.



PHOTO: THINKSTOCK

Kynock Resources Celebrates 45 Years!

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MANY DIFFERENT SOIL AND MULCH PRODUCTS AVAILABLE

Most people first notice the massive piles of sand, soil and mulch when they drive onto Kynock Resources property at 1993 Hammonds Plains Road. The piles, along with neatly arranged concrete bays full of crusher dust, pea gravel and loose stone are all part of the company's line of landscaping products.

Kynock has a selection of popular gardening and landscaping products available.

Top Dressing Compost - A blend of 70 per cent compost, screened with a sand / soil mixture, top dressing compost adds nutrients in the soil of an existing garden. Add a thin layer over your lawn to give your grass roots a nutrient boost.

Natural Landscape Mulch - Kynock uses recycled Christmas trees and brush, ground together with bark to create an

environmentally friendly landscape mulch – ideal for decorative purposes as well as protecting fragile plant roots from the sun.

Natural landscape mulch allows water and oxygen to move freely into the soil, and because Kynock uses a variety of tree types to create the mulch, the influence of decomposing and excessive PH that might come from any one type of tree is negligible. A great way to add beauty and protection to your landscape project at the same time.

The 40 per cent Organic Garden Soil: To achieve the best results, start with a superior garden mix. Kynock organic garden soil is manufactured with 40 per cent compost and a peat moss component that will bring out the best in any garden, vegetable plot or shrubbery.

Organic Lawn Soil – A well manicured lawn starts with a good base. Kynock's 25 per cent compost lawn soil is the perfect blend for a healthy lawn – ideal for seeding, sodding or lawn repairs.

Red or Black Dyed Mulch - Made from wood chips dyed with naturally occurring elements, red or black dyed mulch retains its vibrancy for long periods and offers a consistent texture – the perfect way to beautify your property while protecting your gardens. It's also great as a weed suppressant and erosion controller. This product is safe to use around your pets and plants.

- Tom Mason



PHOTOS: THINKSTOCK



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EMPLOYEES RECOGNIZED FOR DEDICATION AND HARD WORK

It's a recognized truth that every successful company owes much of that success to the people who operate and manage it. At Kynock Resources, 45 years of success can be summed up with words like honesty, loyalty and dedication.

"We've had a long history with our employees," says Kynock Resources owner Vernon Kynock. "Most of them stay with us for many years and they become like family after a while."

Those dedicated employees include people like Allan Whitehead, who joined Kynock industries in 1972 when the company only had three trucks; and office manager Cindy Singer who recently marked 32 years with Kynock. Today the company has a core group of around 25 to 30 employees, a number that expands to 50 for some larger projects.

"We got 10 new employees this year,



and that's a rare thing to take on that many new employees at the same time," says Kynock. "In fact, that's the first time in about 20 years that we've hired that many new people all at once."

To commemorate their years of service, Kynock holds an awards ceremony every five years to recognize and pay tribute to long-term staff. It's an important



PHOTOS SUPPLIED

company event; a way to say thank you for years of dedication and hard work, says Kynock. "At the last one we gave out one 40-year award, three 30-year awards, a number of 25-year and 20-year awards," he says. "It shows all our employees that their contributions are really important to the company and our success."

Kynock makes no secret of the fact

that the success that Kynock Resources has enjoyed over the last 45 years has been a direct result of the people who are the business. "They are definitely the strong point of the company," he says. "They've been a great asset and I'm not sure how we could have succeeded without them."

- Tom Mason

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GOLF COURSE BUILT BY KYNOCK DESIGNED BY AWARD-WINNING ARCHITECT

By Tom Mason

By all accounts, Brunello Estates will be a landmark project when it's completed a few year from now. The multistage residential community on the edge of Highway 103 just 15 minutes from downtown Halifax will include 3,200 individual residences tucked amid 500 acres of rolling wooded landscape. It will also feature a standout centerpiece: a 7,100-yard, 18-hole golf course designed by award-winning golf course architect Tom McBroom and constructed by Kynock Resources.

"Golf courses have become a real specialty for us in the last 10 years or so," says Kynock Resources owner Vernon Kynock. "We've been involved in quite a few of them."

The company's first major golf course project was an upgrade to the Oakfield Golf Course in Grand Lake. Kynock built Sherwood Golf Course outside Chester soon after. Other golf course clients have included the Old and New Ashburn courses, Lost Creek and Granite Springs.

Allen Whitehead oversees all of Kynock's golf course projects. Currently he is supervising the excavation and construction work at Brunello. He has also built his own family-run 9-hole course on land in Prince Edward Island, a course near Cavendish called Red Sands. He says his own love of golf is an asset that he brings with him to work.

"Building a golf course is a lot different from road building," he says. "You have to stick pretty closely to the plan that the course architect has laid out, but it doesn't hurt to have an understanding of the game."

The Links at Brunello is still in the opening stages of construction. Kynock Resources is in the process of using heavy equipment to smooth out the contours and build up the areas where greens, bunkers and tees will eventually be placed. The sand and sods will come later. When the course is complete, expected sometime around June 2015, it promises to be one of the premier golfing experiences in HRM. "It's going to be a beautiful course," says Whitehead. "I'm looking forward to playing it myself."



PHOTO: SUPPLIED

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THE RIGHT STONE AND GRAVEL FOR THE PROJECT MAKES A DIFFERENCE

A great landscape project starts with using the right materials for the job. Often that means selecting the perfect stone or gravel material. The staff at Kynock Resources has the expertise to help you select what you need for your next landscaping job, and a great selection of products to choose from.

Beach Stone – Sometimes referred to as river rock, beach stone is available in two sizes, a one- to two-inch size and a six to eight-inch size. The multi-colored stone with its distinctive rounded edges is a popular way to add striking landscaping features in areas where grass is hard to grow or too steep to mow. It works well for weed suppression, for borders around gardens or walkways or in areas where drainage is a problem.

Clear Stone – A quarried material that is crushed to various sizes, clear stone gets its name because of the fact that fine stone and dust are removed from the mix, making it an excellent product for drainage. Clear stone can be used behind stone walls, for French drains or as a base material under decks or sheds.

Crusher Dust – This fine stone product is sometimes referred to as “tailings.” Crusher dust is used mainly for walkways where it adds a fine surface that’s comfortable for walking. Bike trails and paths are usually finished with crusher dust. It’s also ideal as a final layer between crusher run and the top pavers or patio stones that go into making a walkway, driveway or stone patio.

Crusher Run Stone – A quarried material that is crushed to various sizes. Unlike clear stone, crusher run stone has the fine stone and dust included in the mix. The resulting mixture causes the stones to bind together, making it a perfect driveway gravel. Crusher run stone can also be used for building walkways or as a stable base under patio stones or pavers.

Pea Gravel – Pea gravel is most often used in playground areas and on pathways. The product is also a great way to accent the perimeters of gardens and lawn areas, or as a base around patios or dog runs. Pea gravel is multi-coloured, approximately one half inch in size, with smooth rounded edges.

- Tom Mason



Vernon Kynock
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KYNOCK SERVICES RANGE FROM COMMERCIAL TO RESIDENTIAL



PHOTO: SUPPLIER

Vernon Kynock was eight years old the first time he got behind the wheel of a tractor. He was under the sharp supervision of his grandfather at the time. It was the day he realized exactly what he wanted to do when he grew up. "My grandfather always let me drive the tractors and the trucks on his farm," Kynock recalls. "I was hooked right from the beginning. I loved it."

From early construction projects on Highway 103 and the A. Murray MacKay Bridge, today Kynock Resources has grown into a full service excavation and landscaping company known for a variety of services. The company is one of HRM's premier landscape developers with a long list of residential and commercial properties, parks, sports fields and golf courses to its credit. Commercial and residential excavation work along with subdivision road development have become standard services.

"We've got three big areas of business that we focus on," says Kynock. "Residential excavation, commercial excavation and

landscaping services. With landscaping, we supply everything except sod. We've also been doing a lot of snow removal and demolition work in recent years. And road building, of course."

Allan Whitehead joined the company in 1972. He was one of Kynock's first employees. Today the company's general superintendent oversees many of Kynock's projects, including the major new golf course development at Brunello Estates in Timberlea. "We only had three trucks when I joined the company," he says. "It was still a very small operation in those days."

What a difference 45 years make. Vernon Kynock does a quick estimation in his head and says that the company now has around 100 licensed vehicles including around 25 pieces of heavy equipment and a number of heavy tractor trailers. "It's gone way beyond my imagination," he says with a chuckle. "I never thought we'd get this big."

- Tom Mason

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KYNOCK MILESTONES HIGHLIGHT MEMORIES

By Tom Mason

Kynock Resources has seen a lot of milestones in 45 years of operation. Here are just a few of the highlights.

1968 - Vernon Kynock buys his first used truck, signs a contract with Diamond Construction and begins hauling gravel for the Highway 103 project. Kynock Trucking and Excavating is born.

1969 - Kynock buys his first new truck and begins a contract to work on the approaches to the new A. Murray MacKay Bridge.

1972 - Vernon White joins the company, which now has five full time em-

ployees. Kynock Trucking and Excavating acquires its first front end loader and bulldozer.

1975 - Kynock acquires an Irving station on Hammonds Plains Road to be used as a service centre for its growing fleet of vehicles.

1977 - The company buys its first tractor trailer. Around the same time Kynock begins taking on its own contract work including major excavation and road building projects.

1979 - Kynock purchases more heavy equipment including a big Caterpillar D8 bulldozer and several heavy Mack trucks.

1985 - Kynock Resources relocates to a new headquarters next to the Ham-



monds Plains Fire Hall.

1987 - The company begins developing its first residential subdivisions. Kynock went on to develop two more since then,



including Hartland Village.

1991 - Kynock moved to their present location, a 10,000-square-foot complex at 1993 Hammonds Plains Road.

PHOTOS SUPPLIED

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URBAN FARMING FOR MORE THAN 100 COMMUNITY PLOTS

By Tom Mason

One of the first things Jayme Melrose did when she started to build Common Roots Urban Farm was to pick up the phone and call Vernon Kynock. "I called him to see if maybe he would donate a load of topsoil to the project," she recalls. "He asked a few questions about what we were doing and then he said he'd see what he could do."

In the end, Kynock did something that Melrose didn't expect. He showed up with dozens of truckloads of rich black earth, about \$50,000 worth in total, and enough to fill every bed on the farm. Today that black earth is used to grow vegetables in 109 community plots and a park-like "edible landscape" on the property.

Common Roots Urban Farm is one of the most innovative pieces of urban renewal that downtown Halifax has seen

in a long time. Built on a piece of land left vacant when Queen Elizabeth High School was leveled a few years ago, the farm produces fresh vegetables for a long list of community groups that includes the IWK Hospital, the YMCA, a Dalhousie student group and several participating restaurants.

At the same time families, local artists and preschool classes are also taking a hand at growing their own fresh produce. More than 700 volunteers are already involved and there's a long waiting list for community plots.

Melrose runs the operation. She says Common Roots is an important first step in developing fresh sources of food in the heart of the city. A number of other urban gardens have already sprung up, including the BLT Urban Garden located at a community centre on the Saint Margarets Bay Road, a project also supported by Kynock Resources.

"It's important for us to prove that we can do this," she says. "People want to be able to take part in things they believe in, like fresh local food and a healthy environment. Common Roots is a way for them to get involved. We've got this amazing landscape that we get to build together, and we get to teach each other at the same time."

"We couldn't have done this without Vernon Kynock and his generosity."



PHOTO: THINKSTOCK



Common Roots Urban Farm community plots.

PHOTO: SUPPLIED



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Amy Poehler ALL IMAGES GETTY

Poehler and comedian Kroll said to be dating

Parks and Recreation star Amy Poehler is reportedly dating comedian Nick Kroll, her first dose of romance since splitting with husband Will Arnett last September, according to Us Weekly. "She was

looking for a guy like him," a source says. "She wanted a comedian who 'gets' her." Kroll and Poehler have been friends for a while, with Kroll playing a recurring role on her sitcom since 2011.

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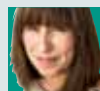
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lohan has a pout while Pattinson and Perry hang out



STARGAZING
Malene Arpe
scene@metronews.ca

This week in bridal fashion crimes. The colours for Mama June and Sugar Bear's wedding were camouflage, hot pink and orange while, much worse, Keira Knightley got married in a dress she'd worn back in 2009.

Researchers at the University of New South Wales find that men with beards are generally judged much more attractive than clean-shaven men.

That explains the surge in sales at Eddie's Go-To Goatee Emporium.

In Dubai, a fan jumps the stage to hug Justin Bieber. Didn't we tell you not to grow that wispy moustache, Justin? Hmmm?

Robert Pattinson has reportedly been hanging out with Katy Perry. Don't panic, Robsten fans, he just wanted to find out what it's like to look at someone who occasionally arranges her mouth into the facial configuration commonly known as a "smile." He's safely back



home now.

Martha Stewart says she regrets she never tried talking up Paul Newman and Robert Redford and getting to know them when she regularly sold them pastries at a Connecticut bakery decades ago. Even the regrets of celebrities are so much better.

Shia LaBeouf hands out copies of his self-penned comic book to strangers. "Not again," says the local garbage collector.

Lindsay Lohan calls her 90-day rehab sentence "pointless." "That may be true for you," say the drivers of Los Angeles, "but at least it gives the rest of us a break from the endless terror."

Chris Brown says, "I'm really not into wife-ing (Rihanna)." Asked to clarify what he meant, he added that he's still really into strife-ing with her.

Twitter



@SarahKSilverman

Security just called my hotel rm w a noise complaint - that's how hardcore i am (I'm Skyping w my mom at 10:45 on a Sat)



@ParisHilton

We are only alive in those moments when our hearts are conscious of our treasures...



@Sethrogen

Go sports team! I hope you beat the sports team you are competing against in the sport you are playing!



Jessica Alba

Jessica Alba reveals wild-child past during interview with her mom

Jessica Alba was something of a hard-drinking, car-stealing wild child, she admits to her mother during a sit-down with Entertainment Weekly. While reminiscing about the first boy she brought home as a preteen, Alba fesses up: "We accidentally drank Wild Turkey," she

says. "How old was I with Santino? Eleven?" But that's not the only memory Alba has of her bad behaviour. "Remember when I used to steal the car and go to Jack in the Box?" she asks her mom. "We could go get food. Like, that was our activity! But I was, you know, 12."

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Online

To friend or not to friend Mom on Facebook?

Josh Knoller, a young professional in New York City, spent years refusing his mother's "friend request" on Facebook before, eventually, "caving in." Today they have an agreement: she'll try not to make

embarrassing comments, and he can delete them if she does.

One in three mothers are connected with their teens over Facebook, according to the social networking giant's review of how users self-identify.

With more than one billion Facebook users, that's a lot of mothers and kids keeping in touch through social media, says Fordham University communications

professor Paul Levinson, author of *New New Media*. "Facebook has been a boon to family relationships," says Levinson.

Kelly McBride, an assistant professor of communications at LaSalle University in Philadelphia, says her students who "friend" their mothers keep their Facebook pages benign, using other social media like Instagram or Twitter for the racy stuff.

"They may be willing to

'friend' their mother, but when they do, they take down the drinking or partying or suggestive photographs," she says.

Meanwhile, parenting expert Susan Newman recommends that mothers wait until their children are independent adults before friending them.

THE ASSOCIATED PRESS

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Is three really more stressful?

New study. Weighing in on a report that claims three is the most stressful number of kids to have



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

One of my favourite lines from *The Simpsons* is when Bart complains he is having the worst day of his life. "So far," responds his unsympathetic yet correctly predictive father Homer.

I liken that to a study by *Today.com* that suggests three is the most stressful number of children to have.

A mom of three explains that, versus two kids, the stress level increases when it comes to things like crossing the street. I would agree that getting three kids to do anything in tandem is harder than getting two kids to do it. But I have four kids, and to the best of my recollection, I don't recall sprouting an extra arm when that last child arrived.

Maybe for moms of three, three is the most stressful number of children for them to have ... so far.

The study indicates mothers of more than three kids, on average, described themselves as at a lower



One study claims that families with three kids have increased stress levels. ISTOCK

stress level than their trimvirate sisters.

It concludes that families with more than three children experience the Duggar Effect, referencing

the TLC reality family with 19 children.

While I am 15 short of this number, I admit older kids can, on occasion, help younger kids. But does that

really offset the stress of knowing you have more children to feed, clothe, potty train, change sheets for, teach how to drive, suffer through first dates with,

explain birth control to and pay post-secondary education for?

According to *MoneySense.ca*, the average cost of raising a child in Canada is almost \$245,000. Adding this expense for each child doesn't raise your stress level? Really?

I'm not saying that three kids aren't stressful for a lot of people. It can be. Just like it is very stressful for some parents of one child, two, four, five, etc. I call it the Pitter Patter Principle. (The original Peter Principle I'm referencing states that people are promoted to a level of incompetency.) Perhaps those who are lucky enough to actively choose the number of children they have sometimes also reach beyond the level of what they would see as acceptable stress. They are not incompetent in this way, of course; they just learn when to stop.

So what comes first? The proverbial chicken or the fertilized egg? The stress of having kids or the stress level of the parents prior to having them?

Since we can't give back the number of children we had past the third one to do a truly fair comparison (I may have tried), I guess we'll never know.

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Instead of the typical white-flour pizza crust, try this linguine pasta crust, which has more fibre and nutrients, and goat cheese that goes so well with the seafood.

1. Preheat oven to 350 F. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in mixing bowl. Add egg, milk and Parmesan cheese. Mix well. Pour into pan and bake 20 minutes.

2. In non-stick skillet sprayed with vegetable spray, sauté seafood just until cooked, approximately 3 minutes. Drain and set aside.

3. In same skillet, heat oil; sauté garlic, peppers and onions for 4 minutes.



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

4. Meanwhile, in small bowl combine stock, milk and flour until smooth. Add to skillet and simmer on low heat until

thickened, approximately 2 minutes, stirring constantly. Add dill and seafood. Pour into pan. Sprinkle with mozzarella

and goat cheese; bake for 10 minutes. Let rest for 10 minutes before serving.

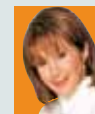
ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY: ROSE REISMAN

Ingredients

- 6 oz broken linguine
- 1 egg
- 1/3 cup 2% milk
- 3 tbsp grated Parmesan cheese
- 8 oz seafood, (shrimp, scallops, squid)
- 1 tsp vegetable oil
- 1 1/2 tsp crushed garlic
- 3/4 cup diced sweet red peppers
- 1/4 cup chopped green onions
- 1/4 cup sliced red onions
- 1 cup cold seafood or chicken stock
- 1 cup 2% milk
- 3 tbsp all-purpose flour
- 1/3 cup chopped fresh dill
- 1/2 cup shredded mozzarella cheese
- 2 oz goat cheese, crumbled

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Great for casual bites, Chili's restaurants can serve up a major amount of calories, fat and sodium if you're not careful. **ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS) BY ROSE REISMAN/ PHOTO: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)**



Chili's Quesadilla Explosion Salad with balsamic dressing

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Side dish. Sweet Potato Fries with Barbecue Mayo

1. Preheat oven to 425 F. Line 2 baking sheets with aluminum foil, spray with non-stick cooking spray; set aside.

2. Combine potatoes with 1/2 cup mayonnaise in large bowl; toss to coat. Arrange potatoes on prepared sheets.

3. Bake 20 minutes. Rotate sheets and bake an additional 15 minutes or until potatoes are golden and crisp.

4. Combine remaining 1/2 cup mayonnaise with bar-

becue sauce in small bowl. Serve with fries. **NEWS CANADA/ FACEBOOK.COM/HELLMANNSCANADA**

Ingredients

**Prep Time: 15 min
Cook Time: 35 min**

- 2 lbs sweet potatoes, peeled and cut into 2-inch-long thin wedges
- 1 cup Hellmann's Real Mayonnaise, divided
- 1/4 cup barbecue sauce



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Laying out the law: Get familiar with the field beyond the faces on TV

The jury's in. A world of opportunity awaits you in the land of the legal, but where do you successfully start your search?

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OK, you're addicted to law shows on TV — and if nothing new is on, you won't mind watching the old Law & Order episodes you now know by heart. Maybe you should consider a law career.

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How about becoming a law clerk or paralegal?

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"As a law clerk you have to understand the process inside out. That means you need to anticipate what the next step is and what the requirements will be so you're always ahead of the game."

Karen Gonçalves
Senior litigation law clerk and licensed paralegal

A law clerk's job is mostly administrative, relieving lawyers of routine duties and helping them with more complex legal work when needed.

A paralegal has been educated to take on more legal responsibilities, but still under the guidance of a lawyer.

Their work touches every aspect of law, from land-use and expropriation, to criminal, tax,

entertainment law and more.

A typical day might include drafting correspondence and legal documents, reviewing documents, researching, conducting client or third-party interviews and liaising with clients, courts and other counsel.

In Ontario, for example, paralegals can now be licensed

and regulated like a lawyer (by the Law Society) and can practise law within a restricted scope, appearing before certain lower-level courts and adminis-

trative tribunals.

They have to pass a licensing exam.

Both the law clerk and unlicensed paralegal do not have

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CAREER PATH

- Law clerks often start as admin assistants in a law firm and work their way

up to a law clerk position.

- Paralegals also start in a law firm, and in Ontario they can become a licensed paralegal as well. Law clerks, paralegals and licensed paralegals (in Ontario) could find themselves working in the legal department of a large private corporation.

- Others might work in smaller legal departments at banks, insurance companies, government offices and private businesses.

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- Assertive



Halifax Mooseheads head coach Dominique Ducharme celebrates with Jonathan Drouin after winning the President's Cup on Friday. JEFF HARPER/METRO

Reflecting on triumph

After the victory. Dominique Ducharme takes time to savour Q title, then turns focus to Memorial Cup



ANDREW RANKIN
andrew.rankin@metronews.ca

For a few moments on Friday night, Dominique Ducharme just stood still to take it all in.

After guiding the Halifax Mooseheads to a 16-1 playoff

record, the Herd's bench boss simply took time to witness his players' QMJHL title celebration.

"I just wanted to look at the players and enjoy how much fun they were having after how hard they worked," said Ducharme. "They were going through something special, them and the crowd. The fans have been great and they've been waiting for that moment for 19 years and you could feel the excitement in the air."

Appropriately, there wasn't one play in Friday's title-clinching game that will stay

Quoted

"Nobody can take this from us. But we're going to pause for two weeks and get onto the next challenge."

Coach Dominique Ducharme

with Ducharme — there were several. Those include Stephen MacAulay's game-opening and closing goals, Stefan Fournier's critical shot block and Nathan MacKinnon's interception on

what would have surely been a Baie-Comeau breakaway.

"We have guys that love to compete, that like having a challenge and when they face these moments they enjoy them and rise to the occasion, and it's not pressure anymore it becomes a chance to express yourself."

Now Ducharme and Co. must focus squarely on the Memorial Cup that starts Friday in Saskatoon. Halifax will play its first game on Saturday night against Seth Jones and the Portland Winterhawks, the Western Hockey League

champions.

Like all season long, the Mooseheads have risen to the occasion and Ducharme expects nothing different when they battle for junior hockey supremacy.

"These guys know what it takes to win. We'll take it one game at a time, make sure we build momentum throughout the tournament, that's the way we see it."

"Everything we've done has made us more mature, especially what we did Friday night. This will only make us even better."

Championship 'beyond words': MacKinnon's father

The Halifax Mooseheads had barely started their President's Cup championship celebration on Friday night when Nathan MacKinnon broke away from the pack.

After skating to the other end of the rink, the Mooseheads' star forward motioned to his parents watching from the Metro Centre stands to come join him.

"I'm a little annoyed that they're not down here already," said a distracted MacKinnon.

And then there they were in a matter of minutes. Suddenly a beaming smile spread

across the 17-year-old's face as the Cole Harbour native abruptly ended an interview and beelined it for Graham and Kathy with his arms stretched wide open.

For a good 20 seconds Nathan and Graham remained locked in a father-son embrace. Then it was mom's turn.

"This is just a great moment, a truly great moment," said Graham. "Nathan's worked very hard for this and it's very, very exciting for all of us. It's beyond words ... he's worked so hard and he's had a lot of help from great team-

mates. It's just super to see this."

And as the final buzzer sounded and a deafening roar spread across the rink, Graham had more on his mind than just Nathan.

"I was just excited for the city, excited for the team, excited for Nate, all in one."

As MacKinnon prepares for the Memorial Cup, and soon enough the NHL, Graham knows his son will be OK no matter what his future holds.

"He looks at every day as a challenge to get better, every game means a lot to him," he said. "Yes, he's got a lot



Nathan MacKinnon embraces his parents, Graham and Kathy, after the Herd won the President's Cup at the Metro Centre on Friday night. JEFF HARPER/METRO

of pressure on him, but the main thing is he's handled it

well. It's only pressure." ANDREW RANKIN/METRO

4-SPORTS



Phil Kessel puts the puck past Tuukka Rask to give the Maple Leafs a 2-0 lead in the third period on Sunday night at Air Canada Centre. Kessel scored after Dion Phaneuf made it 1-0 earlier in the third, and the Leafs held on for a 2-1 win to send the first-round series back to Boston for Game 7 on Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

Leafs bloom in 3rd to send series to 7

NHL playoffs. First-round clash now in do-or-die scenario as Buds finally give fans Toronto fans a post-season win at home

Captain Dion Phaneuf and Phil Kessel scored third-period goals as the surging Toronto Maple Leafs edged the Boston Bruins 2-1 Sunday night to send their playoff series back to Boston for Game 7.

Milan Lucic scored for Boston with 26 seconds left in the

third.

The only time Toronto has come back from a 3-1 deficit to win the series was the 1942 Stanley Cup final against the Detroit Red Wings. The Leafs trailed 3-0 in that series before reeling off four straight wins.

Toronto's last Game 7 win was in 2004 — the last time the Leafs made the playoffs — when it beat Ottawa 4-1 to wrap up their first-round series.

The Leafs will have momentum in their corner this time. The Bruins' companion will be self-doubt after a second failed attempt at closing out the series.

James Reimer was again steady in the Toronto net, making 29 saves to earn the win.

For Phaneuf, scoring was sweet redemption after being involved in the play that led to the Bruins' overtime winner in Game 3.

It came at 1:48 of the third period after Nazem Kadri ripped a wrist shot that was tipped in by Phaneuf, who had

Game 6 in New York

Henrik Lundqvist stopped 27 shots in earning his seventh NHL playoff shutout, and Derick Brassard scored for the New York Rangers, who stayed alive with a 1-0 win over the Washington Capitals on Sunday to force a Game 7 in the first-round series.

- Brassard handed Lundqvist the lead at 9:39 of the second period.

- The reigning Vezina Trophy winner made it stand up, and helped send the series back to Washington for Game 7 Monday night.

THE ASSOCIATED PRESS

made his way to the front of the goal after continuing his rush. Boston had lost the puck in the Toronto end on an attempt at a flash pass by David Krejci.

THE CANADIAN PRESS

MLB

Jays bash their way past BoSox

Jose Bautista hit two of Toronto's five home runs, and the Blue Jays beat the Boston Red Sox 12-4 Sunday to take two of three in the weekend series.

Emilio Bonifacio, Edwin Encarnacion and Brett Lawrie also homered for the Blue Jays. THE ASSOCIATED PRESS

Golf

Woods grinds past Garcia at Players

Tiger Woods had the last word against Sergio Garcia by winning The Players Championship on Sunday.

Woods ended a weekend of verbal sparring with Garcia by finding land on the last two holes for par to close with a 2-under 70.

THE ASSOCIATED PRESS

NBA playoffs

Warriors knot series with Spurs

Harrison Barnes had 26 points and 10 rebounds, Stephen Curry scored 22 on an injured left ankle and the Golden State Warriors topped the San Antonio Spurs 97-87 in overtime Sunday to even the Western Conference semifinal at 2-2.

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NHL PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh wins series 4-2)

Saturday's result

Pittsburgh 4 N.Y. Islanders 3 (OT)

MONTREAL (2) VS. OTTAWA (7)

(Ottawa wins 4-1)

WASHINGTON (3) V. NY RANGERS (6)

(Series tied 3-3)

Sunday's result

NY Rangers 1 Washington 0

Friday's result

Washington 2 NY Rangers 1 (OT)

Monday's game

NY Rangers at Washington, 8 p.m.

BOSTON (4) VS. TORONTO (5)

(Series tied 3-3)

Sunday's result

Toronto 2 Boston 1

Friday's result

Toronto 2 Boston 1

Monday's game

Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

(Chicago wins 4-1)

ANAHEIM (2) VS. DETROIT (7)

(Series tied 3-3)

Sunday's result

Detroit at Anaheim

Friday's result

Detroit 4 Anaheim 3 (OT)

VANCOUVER (3) VS. SAN JOSE (6)

(San Jose wins 4-0)

ST. LOUIS (4) VS. LOS ANGELES (5)

(Los Angeles wins 4-2)

Friday's result

Los Angeles 2 St. Louis 1

x—played only if necessary

SCORING LEADERS

	G	A	Pts
Krejci, Bos	5	6	11
Malkin, Phg	2	9	11
Crosby, Phg	3	6	9
Iginla, Phg	2	7	9

Not including last night's games

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS CHICAGO (5)

(Miami leads series 2-1)

Friday's result

Miami 104 Chicago 94

Monday's game

Miami at Chicago, 7 p.m.

NEW YORK (2) VS INDIANA (3)

(Indiana leads series 2-1)

Saturday's result

Indiana 82 New York 71

Tuesday's game

New York at Indiana, 7 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS MEMPHIS (5)

(Memphis leads series 2-1)

Saturday's result

Memphis 87 Oklahoma City 81

Monday's game

Oklahoma City at Memphis, 9:30 p.m.

SAN ANTONIO (2) VS GOLDEN STATE (6)

(Series tied 2-2)

Sunday's result

Golden State 97 San Antonio 87 (OT)

Friday's result

San Antonio 102 Golden State 92

Tuesday's game

Golden State at San Antonio, 9:30 p.m.

GOLF

THE PLAYERS CHAMPIONSHIP

At Ponte Vedra Beach, Fla.

Par 72

Fourth round

Tiger Woods, \$1,710,000

David Lingmerth, \$709,333

Kevin Streelman, \$709,333

Jeff Maggert, \$709,333

Ryan Palmer, \$346,750

Henrik Stenson, \$346,750

Martin Laird, \$346,750

71-67-71-72=281

72-66-71-72=281

69-66-74-72=281

71-69-71-70=281

68-65-72-76=281

67-69-70-75=281

66-72-73-70=281

69-71-72-69=281

Also:

Graham Delaet, \$67,450

David Hearn, \$67,450

67-67-71-70=275

68-68-69-72=277

69-70-71-67=277

70-71-66-70=277

67-69-70-72=278

68-67-71-72=278

71-67-75-67=278

72-66-71-72=281

69-66-74-72=281

71-69-71-70=281

68-65-72-76=281

67-69-70-75=281

66-72-73-70=281

69-71-72-69=281

71-70-74-69=284

72-71-71-70=284

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	23	13	.639	—
Baltimore	23	15	.605	1
Boston	22	16	.579	2
Tampa Bay	19	18	.514	4½
Toronto	15	24	.385	9½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	20	15	.571	—
Detroit	20	15	.571	—
Kansas City	18	16	.529	1½
Minnesota	17	17	.500	2½
Chicago	15	20	.429	5

WEST DIVISION

	W	L	Pct	GB
Texas	24	13	.649	—
Oakland	19	20	.487	6
Seattle	18	20	.474	6½
Los Angeles	14	23	.378	10
Houston	10	28	.263	14½

SUNDAY'S RESULTS

Cleveland 4 Detroit 3 (10 inn.)

Toronto 12 Boston 4

Tampa Bay 4 San Diego 2

Baltimore 6 Minnesota 0

N.Y. Yankees 4 Kansas City 2

Texas 12 Houston 7

Seattle 6 Oakland 1

Chicago White Sox 3 L.A. Angels 0

MONDAY'S GAMES — All times Eastern

N.Y. Yankees (Phelps 1-1) at Cleveland

(Masterson 5-2), 12:05 p.m.

N.Y. Yankees (Nuno 0-0) at Cleveland

(Bauer 1-1), 3:35 p.m.

Houston (Norris 4-3) at Detroit (Sanchez

3-3), 7:08 p.m.

Chicago White Sox (Santiago 1-1) at

Minnesota (Hernandez 1-0), 8:10 p.m.

Kansas City (Mendoza 0-2) at L.A. Angels

(Blanton 0-6), 10:05 p.m.

Texas (Grimm 2-2) at Oakland (Griffin 3-3), 10:05 p.m.

NATIONAL LEAGUE

SUNDAY'S RESULTS

Pittsburgh 3 N.Y. Mets 2

Cincinnati 5 Milwaukee 1

Chicago Cubs 2 Washington 1

Colorado 8 St. Louis 2

San Francisco 5 Atlanta 1

L.A. Dodgers 5 Miami 3

Philadelphia 4 Arizona 2 (10 inn.)



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Horoscopes

Aries

March 21 - April 20

Make an effort to see yourself the way others see you today. It's great that you have such a strong self-image but sometimes it makes it hard to understand why not everyone looks at life the same way.

Taurus

April 21 - May 21

The methods you have been using may be effective for you but that does not mean they are right for everyone. You will find yourself at odds with someone you work with today.

Gemini

May 22 - June 21

Your heart and your head are pulling you in opposite directions and it won't be until later in the week that you choose one approach over the other.

Cancer

June 22 - July 23

Keep your wits about you as the new week begins and try to maintain a light-hearted attitude to everything that happens. Some people may be feeling a bit down but that does not mean you have to get down there with them.

Leo

July 24 - Aug. 23

The best way to deal with people who annoy you is to ignore them. There is something imperious in the Leo nature and if you make out that someone does not exist no one else will believe they exist either.

Virgo

Aug. 24 - Sept. 23

It may be tempting to sell off a treasured possession so you can pay an outstanding debt but that's not a good idea.

Libra

Sept. 24 - Oct. 23

The cosmic pattern is slowly but surely shifting in your favor and by the end of the week the dark days will be behind you. Today you will have to deal with an emotional issue of some kind.

Scorpio

Oct. 24 - Nov. 22

You will have to make a difficult decision either today or tomorrow and some people are sure to be disappointed. That's not your concern. The only thing that matters is you stay true to your principles.

Sagittarius

Nov. 23 - Dec. 21

You may be easygoing by nature but when aroused you make a tenacious opponent. Today's events will encourage you to stand up for those who cannot stand up for themselves. With you on their side they might just win.

Capricorn

Dec. 22 - Jan. 20

You may worry that if you don't act quickly you will miss out on an opportunity of some kind but it isn't true. In fact the planets indicate most strongly that you should bide your time.

Aquarius

Jan. 21 - Feb. 19

If you have to be critical of someone today, either at home or at work, make sure you wrap up what you say in some kind of sugar coating. Not everyone has such a robust ego as you.

Pisces

Feb. 20 - March 20

Throwing money at a problem won't get you anywhere. If you stand back from your current situation a bit you will see it's not nearly as bad as you fear. It never is. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Minimal or paltry
7. ' ' in Calgary
10. Eleven: French
14. Spotted big cat
15. Some briefcases
17. ___ Vision (Eye-wear chain)
18. Chained steeping gadgets
19. Computer purchase
21. Handheld mobile device [acronym]
22. Superhero accessories
25. Bible verb, used with Thou
26. Potter's supply
27. Hurting
28. Nastiness
29. Unheard in "The Silence of the Lambs" (1991)
30. Month we're in, in French
31. Elephant's one of two
32. Jesus' mom's namesakes
34. Driveway surface
36. Anne of Green Gables portrayer, Megan ___
38. Kindle download
39. Trudge
40. "___ chance!"
41. ___ and downs
42. Grub
43. Sandra Bullock movie, "Two ___ Sea" (1996)
44. But: French
46. Showy flower
47. Cup: French

48. ___-inclusive
49. Our robotic space icon
51. Manitoba waterway: 2 wds.
53. Hurried
57. Manipulator, often in showbiz
58. Mr. Rains of "Casa-blanca" (1942)
59. Group of cattle

60. Fleur-de-___
61. Icon

Down

1. Matthew Broderick's wife's monogram
2. Papua New Guinea seaport
3. Lettered grocery store
4. Mordecai Richler novel, Solomon ___ Was Here

5. Heavenly hats
6. Not kosher
7. Supermodel's workplace
8. "Relax!" (Boot camp order): 2 wds.
9. Begin
10. Wood sorrel
11. Sports event currently underway: acr. + wd.
12. Nintendo's The Legend

45. Pain relief brand
46. Montreal suburb
47. Sincerely
49. Puffy li'l prop for George Burns
50. Circle segments
52. Circular, for short
54. Focal point
55. Tokyo's former name
56. Rocker Mr. Shannon

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	1	6	2	3	5	7	4	9
4	2	5	9	6	7	8	3	1
3	9	7	4	1	8	2	5	6
6	3	2	8	5	1	4	9	7
9	7	4	6	2	3	5	1	8
1	5	8	7	4	9	3	6	2
5	4	9	1	8	2	6	7	3
7	8	3	5	9	6	1	2	4
2	6	1	3	7	4	9	8	5

5			4	9				
4				5		7	1	
	9				7			
8						4	7	6
				5	8			
6	1	3						2
			2				5	
	3	2		1				4
				8	3			1

Today

15°/4°
Sunny

Tuesday

11°/5°
Rain
60%

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